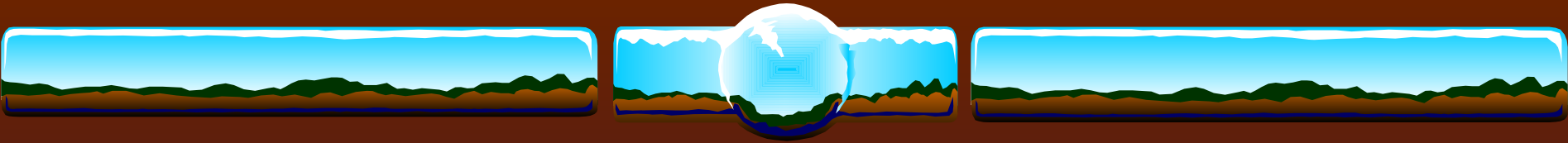




# ***Non-Diet Approach to Weight Management***

Adapted from the Weigh to Live Program  
Darnall Army Community Hospital  
Fort Hood, Texas



# Nutrition Program Overview

## ❖ Goals:

- ❖ Normalize eating habits
- ❖ Change attitudes & relationship with food
- ❖ Increase energy and fitness levels
- ❖ Improve self-esteem
- ❖ Lose inches!



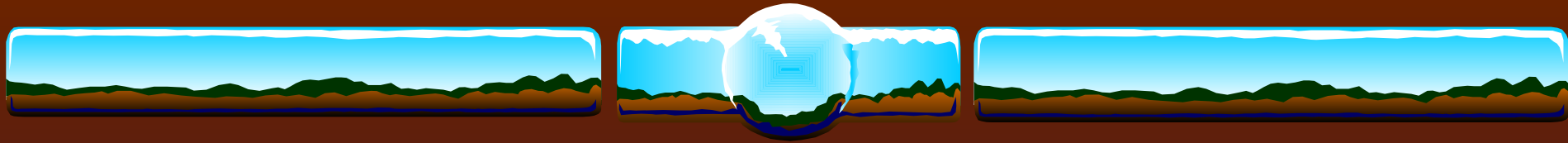
# Purpose:

- ✓ I am attending the weight management program because I want to do **more** than lose weight.
- ✓ I want to obtain the knowledge necessary to allow me to transform my relationship with food, eating and the way I move my body.
- ✓ I want to become aware of attitudes, habits and eating patterns that have kept me at an unhealthy weight.
- ✓ I want to know why I choose to exercise or not.



# When I become conscious of my behaviors and choices...

- ✓ I will then have the ability to eat what I choose to eat.
- ✓ I will rediscover the delights of good food .
- ✓ I will enjoy purposeful activity.
- ✓ I will experience the joy of living life in a body size that is reasonable for me.





# Does this sound familiar?

Do you weigh more now than when you first started dieting?

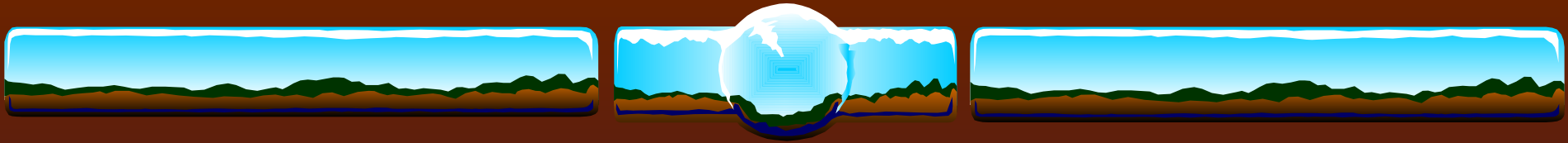
Does it seem you eat less now than ever, yet are bigger than ever?

What is happening?



# Diets Equal Starvation!

- *The Biology of Human Starvation* by Dr. Ancel Keys, 1940's at the University of Minnesota
- Subjects – 36 Healthy male conscientious objectors during World War II
- Protocol –
  - Eat normally for 3 months
  - Restrict food to half of normal for 6 months (average 1600 calories)
  - 3 months rehabilitation, gradual refeeding



# Results – Food Preoccupation

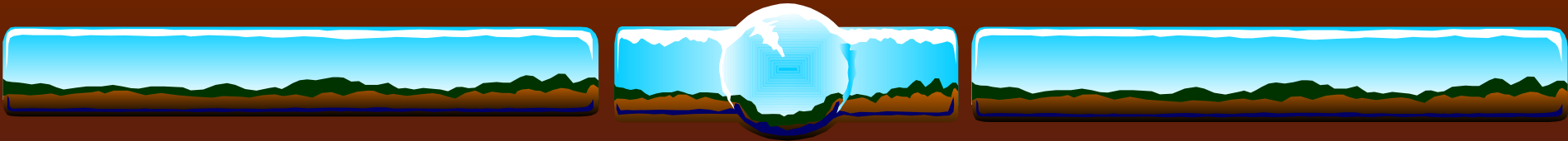
- ❖ Dramatic increase in food preoccupations
  - ❖ Corresponding decreased interest in sex and activity
  - ❖ Spent much of day planning how they would eat allotment of food, studying cookbooks, etc...
  - ❖ Increases in salt, spices, coffee, tea, and gum chewing
  - ❖ During refeeding stage – abnormal attitudes and behaviors persisted. It took about 8 months for normal interest in sex to return.





# Results- Binge Eating

- ❖ During restrictive stage – a man working in a grocery store suffered complete loss of willpower. After binging, he immediately suffered a severe emotional upset, with nausea and vomiting. He was self-deprecatory, expressing disgust and self-criticism.
- ❖ During refeeding stage - many lost control of their appetite and ate more or less continuously.
  - ❖ It took at least 5 months to start to normalize eating
  - ❖ At 8 months, most men returned to normal eating patterns



# Results- Emotional Changes

- ❖ Significant emotional deterioration in semi-starvation
  - ❖ Depression
  - ❖ Mood swings
  - ❖ Irritability
  - ❖ Frequent outbursts of anger
  - ❖ Anxiety – biting nails, smoking
  - ❖ Apathy
  - ❖ General disorganization
  - ❖ Social withdrawal
- ❖ In refeeding stage, moods sometimes became worse before getting better.



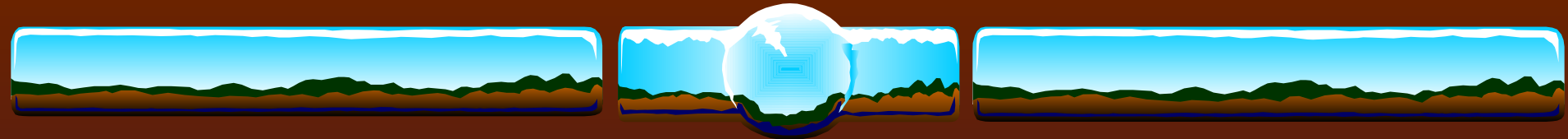
# Results – Physical Changes

- ❖ Slowing of body's physiological processes
  - ❖ ↓ body temperature
  - ❖ ↓ heart rate
  - ❖ ↓ Basal Metabolic Rate
    - ❖ At end of 6 months of semi-starvation, BMR dropped about 40%
- ❖ Percent body fat fell 70%, Muscle decreased 40%
- ❖ During refeeding stage
  - ❖ Metabolism speeded up, with those consuming greatest number of calories experiencing largest rise in BMR
  - ❖ Upon refeeding, “new weight” was fat
    - ❖ At 8 months rehab – weight was 110 % of original, but 140% of their original body fat!

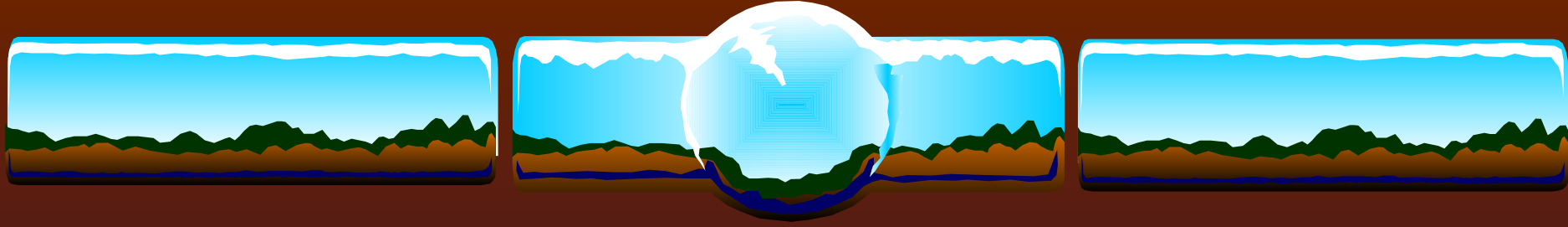


# **Restrictive Dieting Leads To:**

- Thinking about food all the time.
- Difficulty exercising willpower.
- Exaggerated emotions and mood swings.
- Slows your metabolism.
- Increased fat mass.
- Decreased muscle mass.



**Diet**



**Reject the Diet Mentality!**

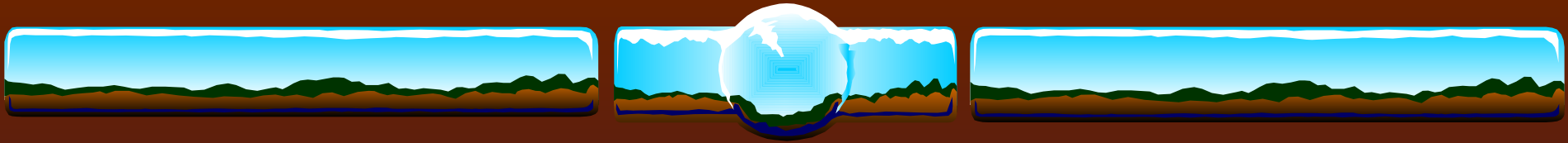
**Diets never, ever solve eating  
and weight problems.**

**Diets cause compulsive  
eating - and increased weight  
in the  
long run.**



Real long term weight  
control requires  
fundamental changes in  
**lifestyle.**  
How do we do this?

INTUITIVE EATING



# Did we ever really know how to eat?

- ❖ What does little Johnny do?
- ❖ What are your “Food Rules”?
- ❖ Do you want to go “play” or go to sleep when you’re done eating?
- ❖ Is it really fun to eat too much?





# Why do we eat?

## ❖ External Cues

- ❖ Sensory Hunger
- ❖ Environmental Cues (clock, other people)

## ❖ Internal Cues

- ❖ Physical Hunger
- ❖ Physical Satisfaction



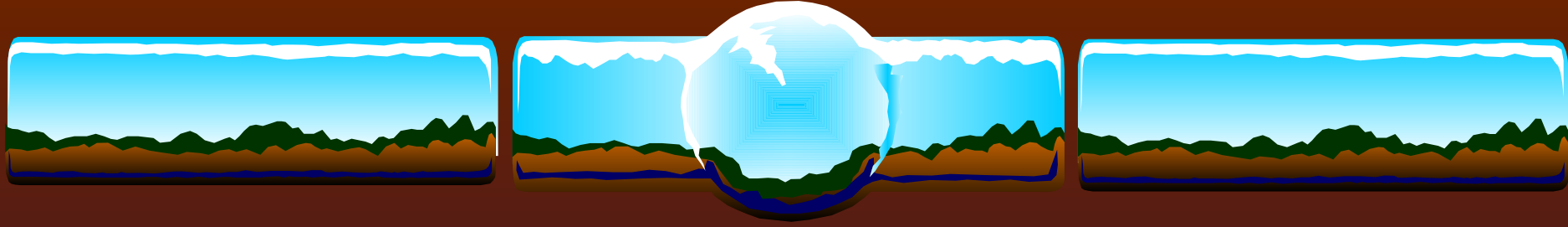
Our Ultimate Goal!



# How do I eat “Intuitively”?

- ❖ Bottom Line:

- ❖ Listen to your body
- ❖ Eat like a child
- ❖ All bodies deserve to be fed when physically hungry



REALLY HUNGRY?

Maybe not...

# Hunger/Satiety Scale

In  
Journal:

Satiety  
3

Gain  
Weight

10....Stuffed. Nap time  
9.....Very Full, Bulging Stomach  
8.....Full, Bloated feeling

Maintain  
Weight

7.....More than satisfied  
6.....Feel Food. Just a bit over

Satiety  
2+

Lose  
Weight

5.....Satisfied. Don't feel the food  
4.....Neutral

Satiety  
2

3.....Hungry. Stomach growls

Hunger  
2

Danger  
Zone

2.....Empty. Grumpy  
1.....Famished. Dizzy or Shaky  
0.....Too far gone. Not hungry anymore.

**The ideal  
range is  
for weight  
loss is**

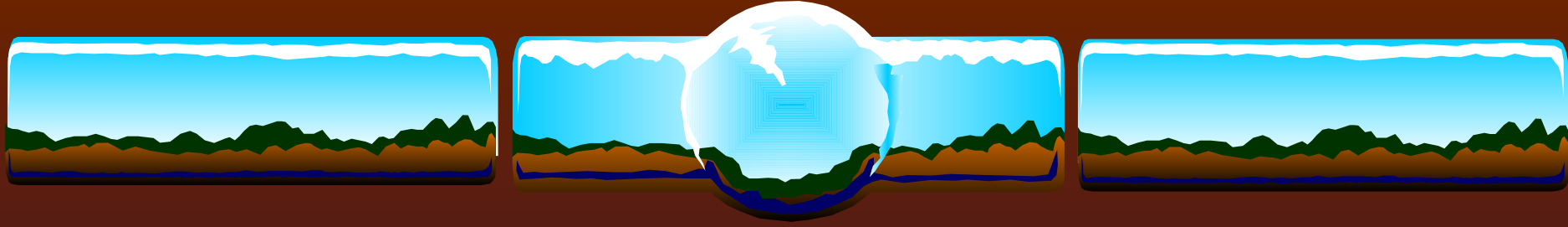
**3 - 5**





So how much can I eat?

- ❖ ...Now that I know my stomach is the size of two medium oranges?



# PORTION DISTORTION

*...or maybe that was a little  
too much food?*



# *What's Your Size?*



**210  
Calories**

**Vs.**

**610  
Calories**



# What's Your Size?



**150 Calories**

**Vs.**

**250 Calories**







# *What's Your Size?*

**220 Calories**

**Vs.**

**440 Calories**





# When can I eat?

## ❖ Eat...

- ❖ every **3-5** hours, starting 1 hour of waking.
- ❖ like a child – small frequent feedings.
- ❖ carry a snack pack.



# Liquids

- ❖ Drink non-caloric Liquids!
- ❖ Water is the best drink
  - ❖ Prevents dehydration
  - ❖ Leaves skin healthy and resilient
  - ❖ Helps rid the body of waste
  - ❖ Relieves constipation
  - ❖ Goal: at least **8-8 oz cups** of water every day



# What can I eat?

“Good” foods



vs.

“Bad” foods





# Believe it or Not!

- There are no “bad” foods.
- Food has no morals.
- Eat what you crave.
- All food is “legal.”